

THE CITIZEN

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The 6th Area Support Group Newspaper

Dec. 14, 2004

Stuttgart, Oberammergau and Garmisch, Germany

Happy Holidays!



Brianna Easter, 4, spends a few moments with Santa Dec. 6 in the Kelley Barracks Dining Facility. For a complete list of holiday events and worship services in Stuttgart and Garmisch see page 16. (Photo by Hugh C. McBride)

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Garmisch group fights cancer with food

The Mueller Fitness Center's "Fighting Cancer with a Fork" program promotes health at the dinner table.



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Veterans, technology focus of Army's future

The Army's battlefield of the future will likely include armed robots as well as Soldiers who used to be Sailors, Airmen and Marines.

Thorns 'n Roses

From community submissions



Roses to:

The crew at Subway on Patch Barracks, especially Bryan, for greeting their customers with warm enthusiasm and offering consistent professional service. Having a new food service operation in Stuttgart was highly anticipated – having such superior service makes the wait well worth it. Thanks for all you do!

Mr. Archie at the Robinson Barracks Pizza Hut for his extraordinary commitment to customer service. For those of us on RB who don't want to make the "long drive" to Patch or Kelley for a quick meal, Mr. Archie's efforts make the RB Pizza Hut feel like a slice of home.

Ty Stearn, the 6th Area Support Group's special events coordinator, and everyone else who helped to get the holidays off to a festive start with tree-lighting ceremonies on Patch, Panzer, Kelley and Robinson Barracks. From the Christmas carols to the opportunities to visit with Santa to the wonderfully decorated trees, this year's events truly exceeded our expectations.

All the community members who donated time, talent, items or financial support to the many charity drives that have been organized by Stuttgart- and Garmisch-area organizations and individuals. From supporting injured service members to providing life-saving supplies to impoverished nations, your efforts exemplified that our best resource is our people.

E-mail comments to citizen@6asg.army.mil or fax them to 421-2570/civ. 0711-729-2570.

THE CITIZEN

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www.stuttgart.army.mil

New SecArmy addresses tradition, transformation

By Dr. Francis J. Harvey

I am truly honored to be appointed the 19th secretary of the Army and have the opportunity to serve our great country during a time of war. I am looking forward to working closely with the chief of staff as together we lead the Army in successfully meeting the challenges of the dangerous and complicated 21st-century security environment and, specifically, jointly fighting and winning the global war on terrorism.

Although these challenges are daunting, I know the Army will meet them. I say this because the Army isn't just an ordinary institution, it's a great institution with an unparalleled set of enduring core values, a long, rich tradition, and a demonstrated ability to change and adapt to new situations.

To me, there is no institution in our country that has a richer tradition than the Army – a tradition that is older than the republic itself. The tradition of the long gray line. The tradition of bravery as manifested at Omaha and Utah beaches and the Battle of the Bulge.

This great institution, in concert with the Navy, Air Force, and Marines, has been the 'Vanguard of Democracy' around the world – countries such as Japan, Germany, France, South Korea, Afghanistan, and Iraq are free today because of the United States armed forces and the sacrifices of our men and women in uniform.

The nation and free peoples around the world will sleep better tonight because of the willingness of our Soldiers and their loved ones to endure hardships so that others might have a brighter future – a future of freedom, democracy, equality and opportunity.

In the near term that means we must meet our fundamental responsibilities of recruiting, organizing, training, equipping, sustaining, and developing Soldiers and leaders. As the secretary of the Army, my top priority will be the well being of Soldiers and their families.

As we carry out these responsibilities in the near term, we must also develop a future force that is better able to meet the challenges of our security environment by implementing a key element of defense strategy, and that is transforming the way the Army fights and the way it does business.

Transformation is a multidimensional and interdependent process that involves adapting new technologies to warfighting and business operations; developing improved joint operating concepts and business processes to utilize these technologies; changing organizational structures and, most importantly, developing leaders, people, and a culture that are relevant to the future.

To truly be successful, transformation must build on those enduring values and rich traditions of the Army. We will keep the best of the past while transforming to be better able to meet the challenges of the future.

The technology that is at the center of transformation is information technology. Our long-term goal is an organization that is capable of conducting network-centric operations, both military and business, in a totally joint fashion, to include our allies and partners.

From the military point of view, a network-centric capable force is one that is robustly networked (including command and control, warfighters, platforms, and sensors), fully interoperable, shares information and collaborates.

Under the chief of staff's leadership, the Army has made significant progress on force transformation. In the area of business transformation, there is much work yet to be done. Successful business transformation is essential to the long-term health of the Army because it will free up financial resources that can be applied to the war fighter.

Whether we are talking about the current force or the future force, my number-one priority is the well-being of Soldiers and their families. I want them to know that I greatly value the service and the sacrifices that they are making for our country. You can rest assured, too, that I am committed to ensuring that our Soldiers get the best training and the right equipment to do their jobs. When they are out there in the cold and the dark fighting the war on terrorism, know that I will be working intensely for their near term needs while building the Army of the future.

God bless our Soldiers; God bless the Army; and God bless this great nation.

Brownlee sends farewell letter to troops

By Les Brownlee

It has been a great honor and privilege for me to serve as the under secretary of the Army for the past three years and concurrently, for the past 18 months, as the acting secretary of the Army.

Our nation's greatness was achieved by the generations of Americans who have served their country with honor. From your grandparents who fought and won the Second World War and assured freedom for South Korea, to your parents who served our nation in Vietnam and in the Cold War, in Panama and Desert Storm, to the conflicts of today, the courage and sacrifices demonstrated by American Soldiers remain the foundation of our United States Army.

Soldiering is an affair of the heart, and it is that spirit, that fundamental commitment to volunteer, to place the nation's needs above one's own, that makes our Soldiers the best in the world today.

Your professionalism, dedication, and valor are the hallmarks of the values our Army has upheld for over 229 years of service to our Nation.

I am immensely proud of what our Army has accomplished over the past three years. Our Army has carried the heaviest burden in fighting this Global War on Terror. Soldiers have set two nations – Iraq and Afghanistan – on the path to democracy and economic recovery.

Less than 12 months since we first rotated our combat formations in Iraq, the Army, for the second time, is executing the most massive movement of troops and equipment seen since World War II.

And even as we continue to take the fight to our nation's enemies and improve the quality of life for our Soldiers' families, our Army continues transforming its training, organization, and equipment.

Our Army is far more than people and equipment – it is made of men and women with hopes and dreams, a passionate commitment to the ideals of freedom, and the willingness to fight for those ideals.

But freedom is not free! And in today's War on Terror, some of our Soldiers have lost their lives, and many have been wounded.

I have had the honor of visiting many of these wounded Soldiers, and I am always moved by their unanimous expressions of dedication, their commitment to service, and their desire to return to their units and comrades-in-arms.

I'm equally touched by the tremendous commitment displayed by their families, and the support that they provide.

When we talk of service and sacrifice, we must never forget the wives, husbands, sons, daughters, mothers, fathers, and other loved ones who stand behind our Soldiers. Their unconditional love and their steadfast loyalty to our Soldiers are invaluable in every aspect of what our Army does.

The devotion and support of our Army families represent all that we fight for and all that we hold dear.

It has been my honor to represent the wonderful men and women who volunteer to be a part of the Army – and their families as well. The nation will be eternally indebted to you for your service and sacrifice.

God bless each of you, God bless the United States Army, and God bless this wonderful nation we all love and so proudly serve.

6th ASG officials clarify policies, procedures for private organizations

Briefing focuses on fundraising, accountability

Story & photo by Jennifer Sanders

Thinking of having a fundraiser for your private organization? Before collecting those bucks be sure to check out the new policies and procedures for raising funds in the Stuttgart military community.

Representatives from Stuttgart's private organizations were briefed on running their organizations during a Dec. 8 briefing in the Patch Community Club.

Sponsored by the 6th Area Support Group Directorate of Morale, Welfare and Recreation, the meeting presented information and also provided a forum for organizations' representatives to voice concerns and frustrations.

"You're doing a lot of great things to support our community and its programs," said 6th ASG Chief of Staff Joseph Moscone. "But the issue we want to discuss today concerns when it actually comes down to your private organization's operations. This is still a military community and there are rules we must follow."

With recent Department of Defense-level policy changes – as well as the challenges of processing a variety of local paperwork – Moscone told PO representatives the time was right for a private organization and fundraising education session.

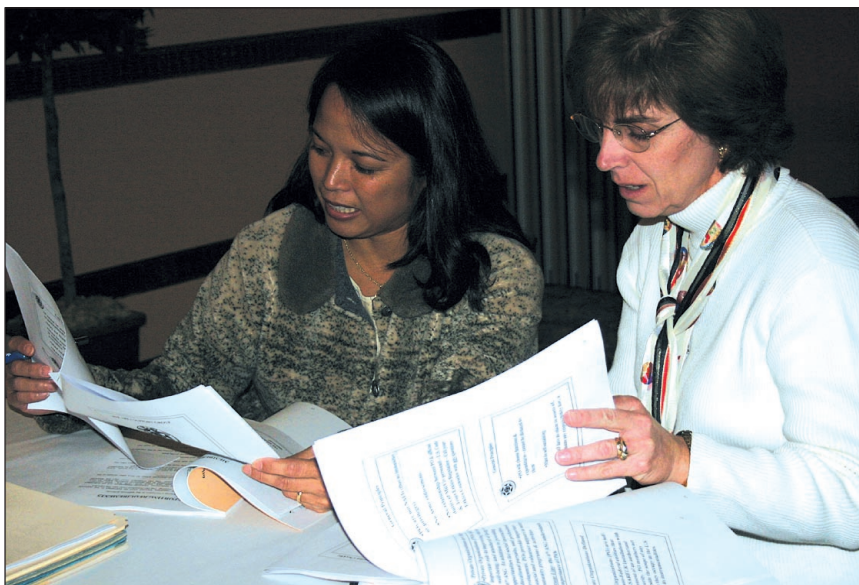
"We owe you the education on what the dos and don'ts are, and the ASG has developed improved procedures to help you get things done legally on an acceptable timeline," Moscone said.

He explained that the ASG is working to make running a PO as easy as possible but stressed that the organizations must keep in mind there are just some things that can't change. "We're still going to have to dot the 'i's and cross the 't's," he said.

Audience members asked probing questions throughout the hour-long presentation by Kevin Sullivan, DMWR PO coordinator.

Representatives from the 510th Postal Company and the Judge Advocate General office joined the discussions, contributing expertise on such topics as APO address usage, regulations and approval authority – issues that were of great concern to many attendees. Many representatives expressed the hope that the firm policies presented at the meeting will be interpreted with flexibility.

"I'm mainly here to find out what



Jackie Perry, left, and Julie Lovett review policy information provided at the 6th ASG's Dec. 8 private organization briefing on Patch Barracks. Sponsored by the 6th ASG Directorate of Morale, Welfare and Recreation, the briefing was designed to clarify local policies and procedures as well as solicit feedback from private organization representatives.

"You're doing a lot of great things to support our community and its programs ... [but] this is still a military community and there are rules we must follow."

Joseph Moscone
6th ASG Chief of Staff

the rules are locally so we can advise our spouses," said Julie Lovett, a Navy wife who is establishing the bylaws for an organization for Navy families in Stuttgart.

"The bottom line is that we're under the [Status of Forces Agreement], and unless we go back to negotiate we are obligated to operate within those guidelines," Lovett said.

"There should be accountability by organizations, but there has to be enabling and empowering by the 6th ASG – you can't do this but you can do this," said Helen Lonnais of Böblingen Elementary's Parent Teacher Association.

Lonnais and other attendees agreed that the ASG must take more than a birds-eye view of the situation, and that this type of session was an ideal way for them to keep on top of the concerns and challenges private organizations are facing.

Participants received the 6th ASG's new Private Organizations Policies and Procedural Handbook, which covers everything from reporting requirements and after-action reports to auditor responsibilities and a request for fundraiser checklist.

"Today was great but we really need to have another meeting to discuss the ins and outs of the German economy," said Jackie Perry, one attendee who was learning exactly what a PO operating in a military community involves.

Perry said she would benefit from a session discussing interacting with offices on the economy (for example, German customs and local vendors).

For more information about operating private organizations in the Stuttgart military community call Sullivan at 421-2017/civ. 0711-729-2017 or e-mail sullivank@6asg.army.mil,

News & Notes

SOFA stamp deadline nears

U.S. civilians living in Germany who possess travel passports must obtain a new Status of Forces Agreement certificate from their passport office before Jan. 15, 2005, if they will be in Germany after that date.

Effective **Jan. 15** German officials will no longer recognize rubber stamp entries or paper certificates.

Uniformed members of the U.S. forces in Germany do not need these SOFA certificates. Neither do individuals who possess an official passport with a SOFA stamp inside that was issued by the State Department. The official passport, also known as a "no-fee" passport because it was issued by the State Department at no cost to the individual, may be red or blue, but is marked "official."

Call Silke Daniels at 421-2665/civ. 0711-729-2665 or e-mail silke.daniels@us.army.mil to request the application form that must be taken to the passport office.

Mailrooms, APOs open Saturday

• All Consolidated Mail Room (CMR) pickup windows will be open Saturday, Dec. 18, noon to 2 p.m.

• The Patch Barracks Army Post Office will be open Saturday, Dec. 18, 8 a.m. to noon. The Robinson Barracks APO will be open the same day, 8:30 a.m. to 12:30 p.m.

• The Panzer Kaserne and Kelley Barracks APOs will not be open Saturdays.

For more information about CMR operations e-mail michael.geoghegan@us.army.mil. For APO information call 2nd Lt. Lisa Neumann at 421-4149/civ. 0711-729-4149.

Final mail deadline for Christmas

With the Dec. 11 deadline for priority parcels and first class letters now past, the final holiday mailing deadline for Christmas delivery is Dec. 18 for express mail.

For details about holiday mailing call 2nd Lt. Lisa Neumann at 421-4149/civ. 0711-729-4149.

Help support wounded warriors

Members of the Defense Information Systems Agency, Europe, are collecting baked goods, prepaid phone cards and other morale-boosting items for delivery to Landstuhl Army Medical Center Dec. 18.

For more about how you can help make an injured service member's Christmas a little bit brighter call Sgt. Maj. Alan Johnson at 434-5007/civ. 0711-680-39-5007 or Aaron Heintz at 0162-174-8566.

Ethics training still available

Soldiers and Army civilians in Stuttgart who have not yet complied with the requirement to attend ethics training by the end of the year have three more chances.

Ethics classes will be held Dec. 17 (10 a.m. and 1 p.m.) and Dec. 21 (10 a.m. only) in the Patch Barracks Theater. For more information call Whitney Krause at 421-2566/civ. 0711-729-2566.

Scouts selling trees on Patch

Stuttgart's Boy Scouts will be selling Christmas trees on Patch Barracks (by the tennis courts, across the street from the PX parking lot) until Dec. 17, 4 to 7 p.m. each day.

For more about how you can help support our Scouts by buying a tree call 430-7270/civ. 0711-729-7270.

Help SNAP keep Stuttgart safe

Stuttgart's Safe Neighborhood Awareness Program is always looking for community members to help keep our installations safe. SNAP volunteers serve as "extra eyes and ears" for our installations' force protection professionals.

To find out how you can help call Earnest Epps at 430-5560/civ. 0711-680-5560 or e-mail eppse@6asg.army.mil.

Send a video message downrange

The Patch High School Video Productions class is able to record and send video messages to service members deployed in support of Operation Enduring Freedom. Deployed individuals need Quicktime software (which can be downloaded for free) to view the compressed messages.

For more information or to make an appointment call Walter Fritz at 430-5911/civ. 0711-680-5911.

YS sports signups underway

The Youth Services Sports Office is accepting registrations for the YS basketball, wrestling and cheerleading.

For more information visit any YS facility or call 431-2616/civ. 07031-15-2616.

Marsha Smith Lavois, 49 – Former PHS teacher

Marsha Smith Lavois, an award-winning teacher who once taught in Stuttgart, died Nov. 23 in Houston, Texas.

A graduate of both Rice University and the University of Houston, Lavois was described in an obituary in the *Houston Chronicle* as "a dynamic teacher touching the lives of many students and fellow educators."

In addition to her employment in Stuttgart, Lavois also taught and was a counselor in several Texas schools.

Among her many accomplishments were the English

as a Second Language Teacher of the Year award from Reagan High School and an outstanding Educator of the Year award from U.S. European Command.

Lavois is survived by her husband, James Lavois, her stepson, Rod Lavois, and her mother, Beatrice Smith.

A memorial service was Nov. 29 in Houston. Lavois' family requested that friends who wish to make memorial gifts contact the Marsha Lavois Scholarship Fund (Sam Houston High School, 9400 Irvington Blvd., Houston, TX, 77076).

Simply bizarre

Bazaar volunteers dealing with deluge of detritus in on-post sorting rooms

By Hugh C. McBride

For Judy Benitz, getting to work some mornings can be a real challenge. Literally.

It's not uncommon for Benitz, the volunteer coordinator for the German-American Women's Club's Pfennig Bazaar sorting room on Patch Barracks, to be forced to wade through – or leap across – heaps of trash in order to access the room.

Thought the club has ceased taking donations until March 2005 – a fact that has been widely advertised (and is even posted on the door near where the majority of the refuse is heaped) – Benitz and other GAWC volunteers have had to meet every week to sort through the odds and ends that continue to accumulate.

In addition to the eyesore created by the unauthorized dumping, the presence of anonymous, out-of-place packages also raises force protection concerns.

Thanks, but ...

"We're really grateful for the tremendous support [the Pfennig Bazaar donation drive] gets every year – we really are," Benitz said. "But this room is turning into a dumping ground. Items aren't even bagged, and many of them are torn or stained."

In addition to bagging items "out of season" for next year's bazaar, Benitz and crew have also been coordinating with area charities to ensure that salvageable donated items don't go to waste.

From the 6th Area Support Group Chaplain's Office to a local Tierheim (pet shelter), items with any value are being re-routed to someone who can use them. But to be honest, some of the things deposited in the sorting rooms aren't fit for man nor beast.

One dingy, weathered sock. An old floppy disk. Two empty shampoo bottles and a partially-used deodorant dispenser. A sweater with a hole you could fit a cutting

GAWC accepting applications for 'Pfennig' funds

Stuttgart's German American Women's Club is accepting applications from organizations for funds raised at the 2004 Pfennig Bazaar. The applications, which are available from Army Community Service (Patch Barracks, building 2307), must be returned to ACS by Dec. 24.

For more information call Harriett Goodwin, GAWC American Welfare chairman, at 430-4045/civ. 0711-680-4045 or e-mail goodwinh@eucom.mil.

board through. A cutting board. And of course, everyone's favorite: underwear that's (how to say this gently?) obviously been worn.

Amy Ingold, coordinator for the Kelley Barracks sorting room, said the problem there isn't quite as severe as it is on Patch, but unwanted drop-offs do occur.

"We're a bit smaller than the Patch room is," Ingold said. "But we've had people leave old tires outside our door."

A matter of dignity

Though "donations" such as these create additional work for GAWC volunteers (seven of whom spent a few hours on a recent Tuesday morning sorting and trashing), the women say their greatest frustration isn't with the extra effort, but with the apparent thoughtlessness of some community members.

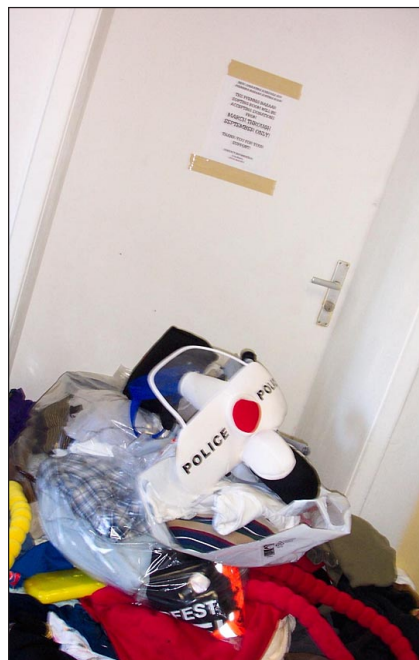
"We want people to think about the individuals who will be receiving these items," Benitz said, noting that the majority of items collected by the GAWC end up in the hands – or on the backs – of less-fortunate members of the Stuttgart community.

"Even people who are experiencing difficult times deserve their dignity," Benitz said.



photos courtesy Jody Benitz

Even though the Pfennig Bazaar sorting room on Patch Barracks has been closed since September, volunteers are often greeted with "surprises" like this when they enter the room.



Signs, signs, everywhere a sign ... but not, apparently, enough to stop unwarranted dumping. The pile on the left lies beneath a "no donations 'til March" sign, while the one on the right speaks for itself.

When donating to charity, keep dignity of recipients in mind

By Hugh C. McBride

For more than three decades, one of Stuttgart's most beloved German-American traditions has been the annual Pfennig Bazaar. In addition to promoting cross-cultural friendship, the bazaar has also raised thousands of dollars (and deutsche marks and euro) for charities in both the German and American communities.

The bazaar has also become a greatly anticipated source of bargain clothing, housewares, toys and other items for

area families. The majority of donations to the GAWC truly make a difference in the lives of Stuttgart's less-fortunate – but, as elaborated upon above, some fall short of that goal.

To make sure that your gifts are of value to a charity, the GAWC's Jody Benitz offered the following tips on "the art of donating":

- Box, bag or otherwise contain your items before dropping them off.
- If items come in pairs (gloves, shoes), make sure both are present (and presentable).

- If the item is mechanical or electrical (small appliances or some toys), make sure that it works – and is safe.

- Make sure that all buttons, zippers and fasteners are present and in working order.

- The item should be clean (but not laundered to death).
- Don't donate "partial" (ripped, torn, broken) items that belong in the trash.

- Think dignity – There's a significant difference between "gently worn" and "worn out." As Benitz puts it, "Would you feel comfortable giving the item to someone in person?"

Readers wanted: Library forming Short Story Club

Story & photo by Melanie Casey

Think of it as brain food. The Patch Barracks Library's new Short Story Club, slated to begin Jan. 12, offers a wealth of short story selections to stimulate the mind as well as the intellect.

The program is geared for adults and teenagers who don't have a lot of time to set aside for leisure reading but who want to read – and discuss – something new and different.

Most participants should be able to do the reading in an evening, said Patch Library Technician Meylinda Behrens, who will serve as the club's facilitator.

Club members will meet monthly in the library to discuss the stories.

The hour-long discussion sessions will be participant-driven, Behrens said, noting, "people never have trouble talking about the things that they've read."

On the odd chance that the conversation lags, Behrens will have a list of discussion questions ready.

The story selection is as "broad as possible," Behrens said. "Many people

Authors included in the Short Story Club range from the popular, such as Stephen King and O. Henry to the more obscure, such as Amanda Michalopoulou.

aren't used to reading short stories and this might lead them into other works and other areas they hadn't explored before."

Authors included in the Short Story Club range from the popular, such as Stephen King and O. Henry to the more obscure, such as Amanda Michalopoulou.

Behrens said the goals of the new club are not only to get people reading, but also to bring new patrons into the library. "A lot of people don't know what the library has to offer," she said. "It's a way to generate new traffic."

The list of upcoming Short Story Club selections is as follows:

- Jan. 12 – "Everything You Love Will Be Carried Away," by King.

- Feb. 9 – "The Bagmono Snuff Box," by Kurt Vonnegut.

- March 9 – "Gift of the Magi" and "After Twenty Years," by O. Henry.

- April 19 – "The Way You Might Break a Finger," by Michalopoulou.

- May 11 – "A Very Old Man with Enormous Wings," by Gabriel Garcia Marquez.

Most of the selections can be found on the Internet, but Behrens also has a few copies on hand. The Short Story Club will meet in the Patch Library conference room, 6 p.m., on the dates listed above.

For more information, visit the Patch Library or call 430-7419/civ. 0711-680-7419.



Patch library technician Meylinda Behrens will serve as facilitator for the community's new Short Story Club.

Comedy night brings laughs to Patch Rising stars entertain in community club

Story & photo by
Troy Sullivan
Contributor

December 4 was a night of laughter and tears (the good kind, from laughing too hard) in the Patch Barracks Community Club.

Two up-and-coming comedians – Alabama native Ced Delaney and Atlanta's Ronnie Jordan – kept the jokes rolling through two dinner shows.

Food & fun

With family-friendly sets at 7 p.m. and more adult-oriented routines at 9 p.m., the comedians and the club offered entertainment options for all ages and tastes.

In addition to the on-stage entertainment, audience members were also treated to a dinner featuring chicken, ribs and greens prepared by Bob Stennet, the culinary talent behind the community club's popular Soul Food Wednesdays and Fish Fridays.

This was the first time that both comedians had been outside the United States and both agreed that there was no better way to be introduced to international travel than by entertaining the troops.



Comedian Ronnie Jordan performs in the Patch Community Club. Jordan and fellow entertainer Ced Delaney staged two dinner shows in Stuttgart Dec. 4.

Jordan said that he had performed at Fort Leonard Wood so he had an idea of how much the community would enjoy this show.

For details about upcoming events in the Patch Community Club call 430-8228/civ. 0711-680-8228. For more about Delaney visit www.ceddelaney.com. For Jordan visit www.bigfellaproductions.com.

Runners brave snow, cold to participate in inaugural 'Twilight Turkey Trot'

Story & photo by Jen Stephan

On a snowy evening course lit by Tiki torches and strewn with hundreds of colorful glow sticks, Garmisch Youth Service's held its inaugural Twilight Turkey Trot Nov. 19.

Sponsored by Morale, Welfare and Recreation and the Garmisch Community Spouse's Club, the fun run was the brainchild of Assistant Youth Sports Director Patty Joy.

"I just wanted to get people outside," Joy said. "To get people exercising and to get them fit for the winter. And this could be a fun walk as well as a fun run so everyone of all ages and abilities could participate ... even parents with babies in strollers."

Despite the heavy snowfall earlier in the day and cold temperatures, Garmisch area residents turned out in large numbers with several participants gratefully donning the fleece ear warmers donated by the GCSC to commemorate the event.

"We've had such a big snow and this really is more like skiing conditions than it is running conditions yet so many people showed up," said Ewa Denikiewicz, a recent veteran of the Berlin marathon who ran the course with her family, as did many other participants.

"I thought that the weather made [the run] more exciting and more of a challenge," said Kim Fields. Fields' husband, Rob, agreed and pointed out that in Garmisch in the winter, "If you don't get out and [exercise] in the snow, you're not ever going to [exercise]."

Other parents with smaller children did just as Joy suggested and pushed well-bundled babies in strollers.

"This [event] is good for community involvement and it's also a great family activity," said Jennifer Roberts, who, along with her husband, pushed one child in a stroller and walked the course with another three. "[The course] is a manageable distance for little kids."

Some participants came out with the sole purpose of cheering others on. Shanda Lonkhurst, who was recovering from a ski injury, remained on the sidelines to encourage her 10-year-old daughter, Emily.

"She just loves to run and was so excited about this," said an enthusiastic Lonkhurst.

The course began and ended at the Dolomiti Restaurant on Artillery Kaserne, where an after-race celebration was held for the participants.

During the party, chances to win dinners from the Dolomiti Restaurant and ski lessons were raffled off – but by far the most popular prizes (and validation for those who assumed a Turkey Trot would have to have something to do with a relatively unattractive bird with a rather large tail feather



A group of Twilight Turkey Trotters follow a path through the snow Nov. 19 on Garmisch's Artillery Kaserne. Designed by Assistant Youth Sports Director Patty Joy, the evening event brought runners, walkers and even a few cheerleaders together for friendly competition and a fun-filled after-race party.

spread) was a chance to win a frozen turkey for the Thanksgiving table.

"I really want to thank the community for coming out and making the event such a success," Joy said.

"I also want to thank my colleagues, without whose wonderful support this event would have never taken place," she added. "Now, I'm just looking forward to Twilight Turkey Trot 2005."

Winter workouts warrant wisdom, warmth, water

By Hugh C. McBride

The arrival of winter weather doesn't have to mean the end of your outdoor workouts – but it does demand attention to season-specific safety measures.

Keep the following tips from the Mayo Clinic in mind when exercising in cold weather:

- **Plan ahead.** Planning a hike in the snow? Be sure someone else knows where you're going and when you plan to be back.

- **Start slow.** Don't forget to stretch and warm up.

- **Be visible.** Exercise during the day whenever possible. If you do venture out at night, though, be

sure to wear something reflective.

- **Stay hydrated.** Even in cold weather you need to drink plenty of water to prevent dehydration.

- **Remain upright.** Make sure that your footwear is appropriate for the terrain, and watch for ice.

- **Head into the wind.** End your workout – when you're likely to be the sweatiest – with the wind at your back. This will help protect perspiring areas from frostbite.

- **Talk to your doctor.** Some medical conditions bring added risk to outdoor exercises.

For more about exercise safety year-round visit the Mayo Clinic Web site at www.mayoclinic.com and click "Fitness and Sports."

‘Fighting Cancer with a Fork’

Fitness center promotes cancer-fighting foods

Story & photo by Jen Stephan

Using the old adage of “you are what you eat,” the staff of the Mueller Fitness Center on Sheridan Kaserne came up with a creative way to teach their patrons about cancer prevention.

The center’s Nov. 8 to 12 “Fighting Cancer with a Fork” campaign featured several cancer-fighting meals cooked by the staff and handed out to community members as they arrived or left after a workout.

“One of the most important ways to prevent many diseases is education,” said fitness specialist Lori Papson. “Taking small steps like dietary modifications may be enough to reduce your cancer risk. We wanted people to see how easy it is to incorporate nine [servings of fruits and vegetables] a day.”

The emphasis was on making sure people understood that getting the proper nutrients for their optimal health did not depend on taking vitamin pills and supplements but rather on the food they consumed.

Several dishes – such as phytomineral soup (a soup high in essential minerals and vitamins) and roasted chickpeas – were served alongside interesting and easy to read handouts listing the benefits of more than 30 different types of cancer-fighting foods and phytochemicals (natural compounds derived from plants which help protect against diseases and are thought to have anticancer properties).

Certain foods are especially helpful in bolstering the body’s ability to fight disease, Papson said. “The darker the color or the stronger the flavor of the fruit or vegetable, the more cancer fighting benefits the food provides.”

Topping the list are cruciferous vegetables such as broccoli, Brussels sprouts, cauliflower and cabbage which are loaded with antioxidants and vitamins. But also on the menu

Marc’s Brussels Sprouts

Ingredients

- Olive oil
- 10-20 Brussels sprouts (Cut in half the long way)
- 1 Onion (chopped)
- Spike or other salt substitute or, if preferred, add salt and pepper (experiment with other spices)

Directions: Heat oil until it’s spitting hot. Add Brussels sprouts, flat side down. Cook for a while stirring occasionally. When the Brussels sprouts begin to soften and brown (10 minutes or so) add onion. Cook until the onions are slightly brown, too. Serve

should be servings of dark-green leafy vegetables, fiber-rich beans and whole grains as well as fruits such as berries and honeydew melon which are a good sources of vitamin C.

“The best part is that we’ve made several converts,” said sports specialist Marc Jarvis, referring to the fact that the flavorful way in which the staff prepared the dishes overcame the reluctance of many who had previously dreaded or disliked certain vegetables since childhood.

“Marc Jarvis’ Brussels sprouts were wonderful,” enthused



Lory Papson (seated) shares a laugh with (from left) Jack Treddenick, Marilyn Treddenick and Kevin Blackwell, who are sampling lentil spinach soup with curried yogurt, part of Garmisch’s “Fighting Cancer with a Fork” effort.

fitness center patron Dean Reed, “I have never liked Brussels sprouts before but after trying his, I actually went out and bought some and cooked them for my family.”

For more information – including the recipe for phytomineral soup – visit www.cancernutrition.com. For a more thorough list of beneficial foods and nutrients visit www.cancernutritioninfo.com or <http://lifewise.ahhealthyadvantage.com/topic/dietcancer>.

Marines and machines

Army's future: high-tech weapons, prior-service troops

Armed robots may 'march' into battle as early as next year

Story & photo by Sgt. Lorie Jewell
Army News Service

Soldiers may have armed robots as battle buddies by early next year, according to industry and military officials attending the biennial Army Science Conference.

The Special Weapons Observation Reconnaissance Detection System, or SWORDS, will be joining Stryker Brigade Soldiers in Iraq when it finishes final testing, said Staff Sgt. Santiago Tordillos, noncommissioned officer in charge of bomb disposal testing and evaluation with the EOD Technology Directorate of the Army's Armament Research, Development and Engineering Center at Picatinny Arsenal, N.J.

"We're hoping to have them there by early 2005," Tordillos said. "The Soldiers I've talked to want them yesterday."

The system consists of a weapons platform mounted on a Talon robot, a product of the engineering and technology development firm Foster-Miller.

The Talon began helping with military operations in Bosnia in 2000, deployed to Afghanistan in early 2002 and has been in Iraq since the war started, assisting with improvised explosive device detection and removal. Talon robots have been used in about 20,000 missions in Iraq and Afghanistan, according to Foster-Miller reports.

"It's not a new invention, its just bringing together existing systems," said Tordillos, who has been involved with the project since its inception about a year and a half ago.

A variety of weapons can be interchanged on SWORDS, which Soldiers can operate by remote control from up to 1,000 meters away. In testing, it has hit bull's-eyes from as far as 2,000 meters.

A variety of weapons can be interchanged on the system, including the M-16; 240-, 249- or 50-caliber machine guns; or the M202-A1 with a 6mm rocket launcher.

Soldiers operate the SWORDS by remote control from up to 1,000 meters away.

In testing, it has hit bull's-eyes from as far as 2,000 meters away, Tordillos said. The only margin of error has been in sighting, he said.

"It can engage while on the move, but it's not as accurate," Tordillos said.

The system runs off AC power, lithium batteries or Singars rechargeable batteries. The control box weighs about 30 pounds, with two joysticks that control the robot platform and the weapon and a daylight viewable screen.

SWORDS recently was named one of the most amazing inventions of 2004 by Time Magazine.

There are four SWORDS units in existence, and 18 have been requested for service in Iraq, Tordillos said. So far, each system has cost about \$230,000 to produce, said Bob Quinn, lead integrator for the project.

When the system goes into production, Quinn

said, he estimates the cost per unit will drop to the range of \$150,000 to \$180,000.

Quinn credits Soldiers with getting the project started. "It's a classic bootstrap effort," he said.

Tordillos fielded a variety of questions while showing off the system in the science conference's exhibit hall.

One of the most common questions was what military occupational speciality a Soldier had to sign up for in order to work with the system. The answer: There is no specific MOS for it, Tordillos said.

Other questions were aimed a bit further into the future. For example, does Tordillos envision a day when armed robots outnumber humans on the battlefield? He said no.

"You'll never eliminate the Soldier on the ground," he said. "There'll be a mix, but there will always be Soldiers out there."

[Right] With a weapons platform mounted onto a Talon robot, the SWORDS unit allows Soldiers to fire small-arms weapons by remote control from as far as 1,000 meters away.



Staff Sgt. Derrick C. Goode (Army News Service)

Warrior Transition Course turns veterans into Soldiers

By Spc. Alfredo Jimenez
Army News Service

All Tyrone Givens wanted was a chance to restart a career in the military. Givens got that chance Nov. 4, when he and 101 other former military men and women graduated from the second class of the Warrior Transition Course, which allows former Airmen, Sailors and Marines to bring their valued skills into the Army.

Givens served in the Navy for many years before deciding to separate and search for another job. He said everything was going according to his plan until the attacks of Sept. 11, 2001, and the resultant war on terrorism.

Instinctively, Givens said, he wanted back in the military to do his part and help others in the fight. He was elated, he said, when the Army announced it was beginning the Warrior Transition Course.

"I chose to participate in the course and become a second-time volunteer because my country is at war," said the native of Cincinnati, Ohio. "I couldn't stand idly by and watch others share the burden."

While not exactly basic training, the course did offer up challenges aplenty to the Soldiers-in-training, said Pfc. Richard Batts, a classmate of Givens.

"I am a former Marine, therefore, I am already accustomed to the ways of military infantry," Batts said. "I do expect, however, to refresh my skills as an infantryman and adapt to the ways of the Army."

For 28 days, the new Soldiers learned Army skills, such as standing at parade rest when talking to a drill instructor and mastering the service's rank structure.

They also spent long periods of time in the field firing heavy machine guns, learning urban warfare tactics, and pulling convoy and checkpoint security details, Givens said.

"In the Navy, I never had to sleep in the middle of the woods or meet a time requirement for assembling my weapon," he said. "The customs and courtesies are also different."

Warrior Transition Course officials intend to train 3,200 Soldiers with prior military service in the next year. The program is valuable because it involves veterans, said Capt. Tom Oakley, commander of Company C, 1st Battalion, 46th Infantry Division, one of the units conducting the training.

"The folks we get here are just what the Army is looking for because they are second-time volunteers, and that says a lot about them," Oakley said.

"These individuals are motivated, brave and very patriotic. They will serve the Army well by meshing right in with our younger troops," Oakley added.

This is important, he noted, because more than half of the

"The folks we get here are just what the Army is looking for, because they are second-time volunteers, and that says a lot about them. These individuals are motivated, brave and very patriotic. They will serve the Army well by meshing right in with our younger troops."

Capt. Tom Oakley
Warrior Training Course

Soldiers who complete the course will deploy to combat areas within 30 days of finishing advanced individual training.

But that thought does nothing to deter these new Soldiers with their determined and patriotic will to excel in the program and beyond, said Pfc. William Smith, a graduate of the second course.

"This course is preparing me for success and I hope to use this opportunity to get promoted quicker," Smith said. "I also want to go to Warrant Officer School before I am deployed overseas."

No matter what their motivations are for signing up in the

Army after a hitch with a different service, many new Soldiers realize this is just the beginning of bigger and better things, Batts said.

"I honestly believe that all military training better prepares you for anything," he said. "The military isn't meant for everyone. It takes a special breed to do what we do. I came back because I love the military and everything it offers, and I want to protect and defend my country."

For more about the Army's efforts to recruit prior-service veterans visit www.goarmy.com/btg/index.jsp.

Prior members of the U.S. Air Force and Navy participate in a field training exercise during the Army's Warrior Transition Course Oct. 26 in Fort Knox, Ky. Part of the "Blue to Green" program, the Warrior Transition Course is a four-week effort designed to turn prior Airmen and Sailors into Soldiers by teaching them Army rank structure, customs and courtesies, and combat skills. With the Army looking to prior-service troops to help meet its mission requirements, officials expect 3,200 Soldiers to complete the program in 2005.

For military couples, commitment is key

Honored spouses share secrets of lifelong devotion

Story & photos by
Sgt. 1st Class Tammy M. Jarrett
Army News Service Nov. 23, 2004

Wendy Quigley dreamed of a big church wedding complete with a white gown, fancy cake, and lots of family and friends sharing her special moment.

But when that day came, there was no crowd, no church no cake: just Wendy (in her homemade blue corduroy dress), her husband-to-be and the justice of the peace.

Now, after 23 years of marriage and three children, Wendy Lewis finally got her fairy-tale wedding as she, her husband, Larry, and 17 other military couples said "I do" all over again during "Good Morning America's" vow renewal special Nov. 18 in New York City's Hammerstein Ballroom. In all, 125 couples participated in the morning show extravaganza.

The Lewis' were also one of the couples profiled on GMA during the week of Nov. 15. Lewis, who wasn't scheduled to come home on R&R from Iraq until Nov. 18, flew in early to surprise his wife on national television.

Wendy was only 17 when her sweetheart, Larry, a 20-year-old Army recruit, proposed to her. They had little money, but were deeply in love and wanted to get married no matter what, so they headed to the local courthouse Nov. 21, 1980.

A rocky start

Although the Lewis' wedding was blessed by their families, that was not the case – at first – for Chief Warrant Officer 3 Hector Echevarria and his wife, Rebecca, who also renewed their vows of 12 years of marriage.

The couple were high school sweethearts and continued to date while Echevarria attended college. He

later joined the Army Reserve to help pay for his college.

"We talked to both parents but they were not supportive because they had expectations," Rebecca said. "He was in college and I was only a [high school] senior."

So the two eloped on April Fool's Day and two months later their daughter, Mariah, was born.

"The attitudes of our families have changed. They love her. I think my family likes her more than they like me," said Hector Echevarria, a Blackhawk pilot assigned to B Company, 4th Battalion, 3rd Aviation at Fort Stewart, Ga.

Although they have had some tough times financially, especially at the beginning of their marriage, Echevarria said love is what brought them through. "We have a lot of love in our family," he said. "Our daughter – we really love her to death and I think that is what helped us push through, that and God."

A matter of trust

Faith is also the reason Sgt. 1st Class Mark Fitzgerald and his wife, Cindy, are still crazy about each other after 25 years of marriage. "We have a lot of faith in God," Cindy said. "Faith in God, faith in Jesus and faith in each other."

The couple has known one another since he was 14 she was 12. They married at the ages of 18 and 16 and began a journey that included raising his 2-year-old niece and their two children while dealing with the pressures of the military.

The couple had planned to renew their vows for their 25th wedding anniversary, March 7, but when his unit leaders saw an e-mail about the GMA show, they suggested he submit an entry form, said Fitzgerald, who is stationed at Fort Bragg.

"We thank the unit for that ... be-



[Above] Chief Warrant Officer 3 Timothy Ford slips a wedding ring on his wife, Michelle's, finger after renewing their wedding vows on the "Good Morning America" show Nov. 18. [Below] Command Sgt. Maj. Larry Lewis and his wife, Wendy, are at the center of a group being addressed by "Good Morning America" hosts Charles Gibson and Diane Sawyer.

ing selected is also a great honor to go and do the thing we wanted to do the same time the unit was supporting us ... we are just grateful," he said.

Setting an example

Lt. Col. Fred Wellman and wife, Crystal, also had been thinking about renewing their vows since they tied the knot Dec. 22, 1995.

They believe in leading by example, especially with four children. "A good family rests on a good marriage so we think it's [wedding renewal ceremony] a good opportunity to keep that foundation strong," he said.



Delegates debate wide range of quality-of-life issues at 2004 Armywide AFAP conference

By Margaret McKenzie
Army News Service

Delegates at the 21st Army Family Action Plan conference Nov. 15 to 19 evaluated 94 issues and prioritized 16 for adoption.

The top five AFAP conference issues were family member eyeglass coverage, expiration of Tricare referral authorizations, childcare fee category, calculation of continental United States family subsistence supplemental allowance and leave accrual.

The issues, which originated at installations throughout the world, addressed force support, mobilization and deployments, employment, entitlements and medical and dental, all elements that support better quality of life for Soldiers and their families.

"It's all about taking care of the Soldier

Volunteers are still needed for
Stuttgart's 2005 Army Family Action Plan conference
Jan. 27, 8 a.m. to 5 p.m.,
in the Swabian Special Events Center.

To learn how you can help make a difference in our community
call 430-7176/civ. 0711-680-7176 or e-mail everlyl@6asg.army.mil.

whether he is in Afghanistan or Iraq," said Gen. Richard Cody, the vice chief of staff of the Army. "It's important that he doesn't have to worry about what is happening at Fort Bragg or Fort Polk with his family. He knows his family is being taken care of back here."

The 120 delegates, broken down into eight groups, spent the week narrowing the issues to the top five.

At the end of the process, representatives presented each group's top two priorities to a panel consisting of Gen. Richard Cody, the Army's vice chief of staff, and other senior Army leaders, spouses and officials from the Department of Defense.

This year's issues touched areas involving Soldiers civilians, retirees and family members. The younger members of the Army family

were also represented, with three teens (including Schweinfurt, Germany's, Chris Pitcher) serving as delegates.

The following were determined to be the six most critical currently active AFAP issues:

- Issue #497 – Distribution of Montgomery GI Bill benefits to dependents
- Issue # 521 – In-state tuition
- Issue #457 – Modification of weight allowance table (#457)
- Issue #307 – Inferior shipment of household goods
- Issue # 491 – Army Community Service manpower authorization and funding
- Issue # 493 – Basic allowance for housing for activated Army Reserve Soldiers.

For more about Armywide family issues visit the Army Community Service Web site at www.armycommunityservice.org/home.asp.



photos by Joerg Witzsch

Following a successful December run, the hit musical *Oliver!* will return to Kelley Barracks for eight post-holiday shows in January 2005.

Oliver! returning soon to Kelley stage

By Hugh C. McBride



Oliver may be an orphan, but he's been far from lonely during his stay in Stuttgart. Empty seats in the Kelley Barracks Theatre were a rarity during the seven-show December run of *Oliver!*, the musical based on Charles Dickens' *Oliver Twist* – but community members who missed out on the music and magic are in luck: The show will be back for eight performances in January.

Starring John Belanger in the title role, and featuring a cast of 60, *Oliver!* will return to Kelley Barracks for four evening and four matinee performances in January.

Evening shows (which start at 7:30 p.m.) are slated for Jan. 7, 8, 14 and 15. Matinees (starting at 3 p.m.) are scheduled for Jan 8, 9, 15 and 16.

For more information or to make a reservation call 421-2825/civ. 0711-729-2825 or visit www.kelleytheatre.de.



Coming soon to Kelley Barracks

• **Polish Joke** – Feb. 11, 12, 13, 18, 19, 20, 25, 26, 27

Stuttgart hosts the European premiere of this David Ives comedy about ethnic identity and the eternal American search for "roots."

• **You Can't Take it With You** – April 1, 2, 3, 8, 9, 10, 15, 16, 17

This Pulitzer Prize-winning American comedy classic is a wacky paean to nonconformity with a serious moral: Find in yourself the courage to do what you want with your life.

• **School House Rock!** – May 20, 21, 22, 27, 28, 29; June 3, 4, 5, 10, 11, 12

This American pop culture phenomenon is a blast from the past. Meet old friends at Conjunction Junction and let Bill rekindle your love of the legislative process.

For more information call 421-2825/civ. 0711-729-2825 or visit www.kelleytheatre.de.

The Battle of the Bulge Sixty years ago this week, World War II's 'last great battle' began

By Col. John R. Dabrowski
U.S. European Command History Office

December 16 marks the 60th anniversary of the Ardennes Offensive (or Battle of the Bulge), Adolf Hitler's last major offensive on the Western Front during World War II.

A bold and daring plan

With the tide of the war having turned against the Third Reich after the battles of El Alemain (1942) and Stalingrad (1943), Germany's fortunes were waning on all fronts. The successful Allied landings in Normandy in June 1944, brought Allied soldiers to the western borders of the Reich itself by September 1944.

Hitler's plan, code-named Operation *Wacht am Rhein* ("Watch on the Rhine"), was bold and daring: strike a blow in the West between the British 21st Army and the U.S. 12th Army, seize the Belgian port of Antwerp (where large warehouses of Allied military goods were stored) and hopefully split the Allied powers in the West, who would then sue for a separate peace with Germany.

With his western border secured, Hitler could then concentrate on the war against the Soviets in the East.

The plan was grandiose indeed. The cream of the *Wehrmacht* (German army) had been lost on the steppes of Russia from 1941-44, and the last levies of manpower were being called up for military service in late 1944.

New divisions were being formed around veteran cadres, so-called *Volksgrenadier Divisions*, which were quickly trained and then sent to the front. But though Germany was fighting on all fronts, it was still a force to be reckoned with, as the U.S. Army, and to an extent, the British, were to find out.

Hitler was able to shift forces from the East and scrape together the last armor, artillery and precious petrol that was available to the Reich. While 1944 saw the highest Allied bombing raids on Germany and its satellites, it also marked Germany's highest war production rate in five years of fighting.

The battle begins

By the morning of Dec. 16, Hitler had managed to scrape together some 28 divisions of mixed capabilities. Crack SS units under the 1st SS Panzer Army spearheaded the attack, followed by other military formations. The tip of the spearhead was led by a unit known as "*Kampfgruppe Peiper*" (Battlegroup Peiper) under the command of Col. Joachim Peiper, a ruthless SS officer and veteran of the Eastern Front who had once been adjutant to *Reichsfuhrer SS* Heinrich Himmler.

Peiper's men were well-trained, equipped and motivated, and they hit the Allied units hard during the initial phases of the attack. The attack took place in a sector of the front the Allies considered "quiet," a place where new replacements reporting in were sent to get them acclimated to conditions at the front. Additionally, the Ardennes area of Luxembourg and Belgium was heavily forested and considered unsuitable for German armor (a fact ignored as the Germans used this route in their successful attack on France and the Low Countries in 1940).

Panic in the ranks

Many Allied soldiers had thought that they would be home by Christmas 1944, and that the Germans "were on the ropes" with their ranks filled by old men and young boys. Yet the first days of the offensive found U.S. troops fleeing in panic as their positions were overrun.

The Germans captured about 10,000 U.S. troops, the largest surrender of U.S. forces since the fall of Bataan in early 1942. Added to this, English-speaking German soldiers, many who had lived for years in the States, were operating behind U.S. lines in American uniforms – a fact that added panic, confusion, and distrust among the Allied ranks.

These "undercover" soldiers were commanded by SS Maj. Otto Skorzeny, a master of unconventional warfare best known for his rescue of Mussolini in September 1943. Even the weather seemed to be cooperating with Hitler. Heavy fog, cloud cover, and overall inclement weather grounded Allied aircraft, thus giving Hitler's panzers unlimited movement.

'Nuts!'

After the first few days of the offensive, the German timetable began to bog down. Fleeing U.S. troops stopped running and began to stand their ground and fight. Mechanics, cooks, and clerks were thrown into the lines as infantrymen and slowed down the German drive.

Probably the best known action of the offensive was the battle for Bastogne, an important town in Belgium which commanded important road junctures. The elite 101st Airborne Division was surrounded, and when German emissaries were sent to demand the unit's surrender, they



www.geocities.com/ww2_pictures/

Soldiers with the U.S. Army's 289th Infantry Regiment advance down a snow-covered Belgian road during the "Battle of the Bulge" in 1944.

were told just one word from the acting division commander, Brig. Gen. Anthony McAuliffe: "Nuts!"

Though the Germans did not completely understand the meaning of this response, the paratroopers refused to surrender, and on Dec. 26 elements of Gen. George S. Patton's armor, having swung north from the Alsace area, relieved Bastogne.

During the offensive the Germans were able to drive a 60-mile wedge into the Allied lines (hence the name the "bulge"), but they were unsuccessful in capturing

key bridges over the Meuse River, which were either destroyed or beyond their reach.

By the time the offensive officially ended Jan. 26, 1945, the Allies had suffered massive casualties, with as many as 100,000 killed, captured, wounded or missing. The Germans sustained a similar number of casualties.

For more about the Battle of the Bulge and other W.W. II-era history visit the Army Center of Military History Web site at www.army.mil/cmh-pg/.

Holiday safety effort targets impaired driving

Citizen Release

Impaired driving is one of America's deadliest crimes. Nationally, more than 17,000 people died in alcohol-related highway crashes during 2003. Every 30 minutes someone in America dies in an alcohol-related crash, and hundreds of thousands more are injured each year. According to the National Highway Traffic Safety Administration about three in every 10 Americans will be involved in an alcohol-related crash at some point in their lives.

For this reason, Stuttgart's Army Substance Abuse Program is joining with national, state and local safety and law enforcement officials to remind everyone this holiday season to always designate a sober driver before each holiday party or event involving alcohol.

"The holiday season is supposed to be a time for family, friends, and festive celebrations, but it is unfortunately also a time when we see a tragic jump in the number of alcohol-related highway fatalities each year," said Jeffrey Whitesell, prevention coordinator with the Stuttgart ASAP. "That's why we want to remind all community members: If you're drinking, don't drive – and if you're driving, don't drink."

Designating a sober driver before the party begins is just one of several, simple steps to remember to help avoid a tragic crash or an arrest for impaired driving,

Every 30 minutes someone dies in an alcohol-related crash, and hundreds of thousands more are injured each year.

Whitesell said, adding that the following reminders can help ensure that your holiday season is memorable for all the right reasons:

- Don't even think about getting behind the wheel of your vehicle if you've been out drinking.
- If you are impaired, call a taxi, take a train or bus, or get a sober friend or family member to get you.
- If you can't get a ride, just stay where you are and sleep it off until you are sober.
- Remember: Friends Don't Let Friends Drive Drunk. Never let a friend leave your sight if you think he or she is about to drive while impaired – if necessary, take his or her car keys.

Whitesell also advised hosts of holiday parties to remind their guests to plan ahead, always offer alcohol-free beverages during the event, and make sure all guests leave with a sober driver.

– adapted from NHTSA release



**Not sure if you've had too many?
I'll check for you.**

THE FACTS:

- Impaired driving kills nearly 18,000 people each year.
- About 250,000 people are hurt and 1.5 million are arrested.
- Countless Americans will be affected by this violent crime in their lifetime.
- You, your friends, your family could be next.

SO BE PREPARED:

- If you drink, don't drive.
- Designate a sober driver.
- Call a taxi or ...
- Spend the night wherever you choose to celebrate.



Remember: When You Drink & Drive. You Lose.

'Party smart' over the holidays

The key to a successful – and safe – holiday party lies in the planning. Though all attendees share the responsibility of ensuring that safety is a component of every holiday celebration, hosts are ultimately liable for the safety of their guests.

When inviting friends and family to celebrate the holidays in your home, keep the following tips in mind:

Getting the party started

- Encourage conversation and group activities that keep the focus on holiday fun – not alcohol.
- Prepare a variety of foods so guests will not drink on an empty stomach. Also, be sure not to offer too many salty snacks, as these tend to promote drinking.
- Never serve alcohol to someone under the legal drinking age, and never ask children to serve alcohol.
- Make it clear that no drug use will be tolerated.

Celebrating smart

- Offer a variety of non-alcoholic beverages (juices, sodas, water) for guests who choose not to drink alcohol – and to provide an alternative for those who do.
- One creative way to encourage non-alcoholic fun is to host a contest to create non-alcoholic drink recipes.
- If you prepare an alcoholic punch, use a non-carbonated base, like fruit juice, because alcohol is absorbed into the bloodstream faster with a carbonated base.
- Don't let guests mix their own drinks. Choose a reliable bartender who isn't drinking alcohol and who can keep track of the size and number of drinks that guests consume.

Winding things up

- Stop serving alcohol a minimum of one hour before the party ends. (Remember, only time sobers an individual who has been drinking.)
- If guests have had too much to drink, drive them home, arrange for alternate transportation, or offer them a place to stay for the night.
- In Stuttgart, the Provost Marshal's "Safe Ride Program" offers free transportation from installation to installation. To arrange for a safe ride call 430-5261/civ. 0711-680-5261.

Work underway on amputee training center in Walter Reed Army Medical Center



Michael E. Dukes
Gracie Rosenberger, a bilateral amputee, sings the National Anthem at the Nov. 19 ceremony.

By Bernard S. Little
Army News Service

Military officials joined recovering service members in breaking ground Nov. 19 for a new multi-million-dollar amputee training center being built at Walter Reed Army Medical Center.

The center is expected to be completed in December 2005 at a cost of \$10 million. The 29,000-square-foot facility will be able to support about 300 appointments a week, planners said. It will include a combined-function running track, rope- and rock-climbing wall, gait lab, military vehicle simulators, and other training areas.

"The Military Amputee Training Center will provide a structure to bring together all aspects of amputee patient care," said Charles Scoville, program manager for the U.S. Army Amputee Patient Care Program.

The center will also bring together all of the services caring for Walter Reed's amputee patients, including social work, Veterans Affairs counselors, and the staff of physical medicine and rehabilitation service (which includes occupational therapy, physical therapy, and prosthetics).

"The facility is designed to return patients to the highest levels of activity, and to provide a place where research can be done to share our advances in rehabilitation and prosthetic design with all amputee patients," Scoville said.

Maj. Gen. Kenneth L. Farmer, commanding general of the North Atlantic

'It's not getting knocked down that's important, it is the getting back up again and going on. It is the reaching inside and finding that steel in all of us.'

Retired Gen. Frederick M. Franks Jr.
Former commander, VII Corps

Regional Medical Command and Walter Reed, praised "the record time" at which the project has gone from concept to reality, and cited "the dynamic leadership and support of congressional appropriations committees."

Farmer said the amputee center is a continuation of Army medicine's long history of "taking care of the nation's Soldiers and wounded-in-action" that began during the American Revolution.

The amputee center will provide a place for the military's continued "innovative thinking and technological advances so today's wounded warriors can receive unprecedented levels of care that are the best that can be found anywhere," Farmer said.

Walter Reed patients continue to "amaze and inspire," Farmer said. Everyday, he said, visitors come to Walter Reed to cheer up patients. "Everyday, those visitors leave, having been cheered up."

"It is a Soldier from this very mold I asked to be our guest speaker," Farmer said in introducing retired Army Gen.

Frederick M. Franks Jr.

In May 1970, Franks was wounded in action in Cambodia. After having his leg amputated below the knee and rehabilitation at Valley Forge General Hospital, he was permitted to remain on active duty and returned to active service in early 1972. Franks subsequently commanded Seventh Army Training Command, 1st Armored Division, and VII Corps in Germany.

As VII Corps commanding general, Franks led 146,000 U.S. and British forces during operations Desert Shield and Desert Storm in February 1991.

The groundbreaking for the amputee training center, Franks said, continues to fulfill the military's promise to never leave a fallen comrade behind.

To troops injured and recovering, Franks said, "It's not getting knocked down that's important, it is the getting back up again and going on. It is the reaching inside and finding that steel in all of us."

For more about Walter Reed visit www.wramc.amedd.army.mil.

'DS3' program on track in effort to assist severely injured Soldiers

By Sgt. Lorie Jewell
Army News Service

The Army's new Disabled Soldier Support System initiative is moving forward with plans to develop a database of severely injured Soldiers and hire caseworkers to help them navigate the system.

Army leadership announced the initiative (also referred to as "DS3") in April, and since then have secured nearly \$5 million to finance the effort to support Soldiers and their family members from the time of injury, through the recovery process and as they transition into civilian life or return to active duty.

The database now includes 232 Soldiers out of roughly 880 who are classified as severely injured since Sept. 11, 2001, said Col. (P) Robert Woods Jr., director of the Human Resources Policy Directorate.

Most of those Soldiers are in the capital area and are being assisted by the DS3 staff at Walter Reed Army Medical Center. Interviews are being conducted to hire 47 caseworkers, who will work with up to 30 Soldiers each, Woods said.

DS3 doesn't create any new processes, procedures or services for Soldiers, but instead acts as an advocate to make sure the Soldier and family members are well educated about what they'll be going through, know their available options, and to be a resource for solving any problems they encounter.

"First and foremost, our intent is to maintain the dignity of the Soldier and their family members throughout the process," Woods said.

For more information about the program visit www.armyDS3.org or call (U.S.) 1-800-833-6622.

Wounded warriors complete NYC marathon

Seriously injured in Iraq, Soldiers conquer 26.2-mile course

Story & photo by Sgt. Lorie Jewell
Army News Service

One year from the day Capt. David Rozelle started learning to run on a prosthetic leg, he and a handful of other Soldiers who came home from Iraq with missing limbs assembled at the starting line for the New York City Marathon.

In the company of more than 37,500 participants, Rozelle ran – and, at times, walked – the 26.2-mile course Nov. 7 on a prosthetic decorated with the American flag. The marathon, he said, seemed an appropriate way to mark his anniversary.

“When you start a high intensity physical therapy program, you set goals for yourself,” Rozelle said. “Then you find yourself meeting and surpassing them, and setting new ones. This just seemed like a good one.”

A land mine explosion took Rozelle’s right foot and part of his leg below the knee in June 2003 while he was commanding a 3rd Armored Cavalry Regiment troop in the western Iraq city of Hit. Now leading a cavalry headquarters troop at Fort Carson, Colo., Rozelle is preparing to redeploy to theater next year. In the meantime, he has dedicated himself to setting an example for other injured Soldiers by remaining active in sports.

He’s also written a book – scheduled for release in March – about his experience.

Feeling the burn

He ran the Army Ten-Miler last month as a warm-up for the marathon, maintaining a 10-minute-mile pace for a race time of 1:38. Going into the marathon, Rozelle

said he expected a “turtle pace” to carry him through. He crossed the finish line with a time of 6:46.

“At 13 miles, I felt like a million bucks,” Rozelle said. “Then between 14 and 16 miles, my body started to feel the trauma.”

Navy medic Jose Ramos, who lost part of his left arm to a rocket-propelled grenade while patrolling with Marines near Fallujah a couple of months ago, also ran the marathon as part of the Walter Reed Army Medical Center contingent. He finished in 6:23.

Making it personal

Others competed on hand-crank bicycles, some adding personal flairs to the experience.

1st Lt. Melissa Stockwell lost her left leg above the knee in April when an improvised explosive device hit her vehicle during a convoy in Baghdad. She posted a sign on the back of her bicycle with a message to her Soldiers back in Iraq: “B Co., 27th MSB, 1st Cav. Div. Come Home Safely.”

Her husband, 1st Lt. Dick Stockwell, also of the 1st Cavalry Division, showed his support by riding a hand-crank bicycle alongside his wife in the marathon. She finished in 2:55; he did it in 3:01.

Rozelle and the others returned home knowing they accomplished an important mission. They didn’t just run for themselves, but for those with fresh injuries and their comrades who won’t be returning.

“I ran it for the Soldiers who couldn’t,” Rozelle said. “It really hit me about mile 25. I started thinking about all the Soldiers who are at Walter Reed and other hospitals, or those who have fallen. The last mile and a half became incredibly emotional for me. I remembered who I was representing.”



Capt. David Rozelle, who was wounded in Iraq, grabs a cup of water en route to completing the New York City Marathon Nov. 7. Rozelle was one of several injured Soldiers to finish the race.

Holiday events & worship services in Stuttgart, Garmisch

Experience historic Europe with Stuttgart's USO



Vienna Christmas Market Express
(Dec. 18 – \$87 for adults, \$82 for children ages 4-12, \$12 for children under 4)

- Tour grand streets and boulevards, palaces and magnificent churches.
- The adventure starts with a guided tour of the city, followed by an afternoon spent enjoying the sights, sounds and smells of this wonderful holiday tradition.

Rome for Christmas Tour

(Dec. 22 to 28 – \$499 for adults, \$459 for children ages 3-12, \$120 for a single supplement)

- Make a lifelong memory with a Christmas amid the architectural and artistic splendor of Rome.
- In addition to the opportunity to tour one of the world's most amazing cities, this excursion also includes tickets to Midnight Mass, celebrated by the Pope in St. Peter's Basilica.

Paris for New Year's Tour

(Dec. 29 to Jan. 1 – \$349 for adults, \$329 for children ages 3-12, \$80 for a single supplement)

- Ring in 2005 in the City of Light.
- You know about the Eiffel Tower, the Louvre and the Arc de Triomphe – now experience the "hidden" treasures of this incredible city.

For information about these and other
USO tours call 430-5559/civ. 0711-680-5559.

Ring in the New Year with friends & family

New Year's Party in Sliders Lounge

(Inside the Swabian Special Events Center on
Patch Barracks – Dec. 31, 7 p.m., to Jan. 1, ??? –
\$20 per person)

- Welcome 2005 with good friends and great music in the premiere night spot on Patch Barracks.
- The celebration includes music, party favors, champagne and your first breakfast of the new year.
- For more information or to make a reservation visit Sliders or call 430-5758/civ. 0711-680-5758.

Family New Year's Party in the Galaxy Bowling and Entertainment Center

(Panzer Kaserne – Dec. 31, 8 p.m., to Jan. 1, 2 a.m.
– \$25 for adults, \$15 for children 12 and under)

- Bowl your way into 2005 with the whole family (and experience Cosmic Bowling after 11 p.m.).
- Enjoy pizza, wings, nonalcoholic beverages, party favors and more.
- For more information or to make a reservation visit the Galaxy or call 431-2719/civ. 07031-15-2719.



Holiday Worship Calendar

December 19

Fourth Sunday of Advent Worship Service
(Garmisch Community Chapel, 10:45 a.m.)

German-American Chorus Holiday Concert
(Patch Chapel, 11 a.m.)

Panzer Gospel Christmas Celebration
(Marriott Hotel, Sindelfingen)

December 24

Catholic Children's Mass
(Patch Chapel, 5 p.m.)

Catholic Christmas Vigil Children's Mass
(Garmisch Community Chapel, 5 p.m.)

Protestant Christmas Eve Service
(Patch Chapel, 7 p.m.)

Protestant Candlelight Service
(Garmisch Community Chapel, 7 p.m.)

Lutheran Christmas Eve Service
(Panzer Chapel, 10:30 p.m.)

Catholic Midnight Mass with Carols
(Patch Chapel, 11:30 p.m.)

December 25

Catholic Christmas Day Mass
(Garmisch Community Chapel, 10 a.m.)

Catholic Christmas Day Mass
(Robinson Barracks Chapel, 11:30 a.m.)

December 31

Catholic Mass
(Patch Chapel, 5 p.m.)

Watch Night Service
(Garmisch Community Chapel, 10:30 p.m.)

Church of God in Christ Parish Watch Night
(Panzer Chapel, 11:30 p.m.)

For more information about worship services
call 430-5000/civ. 0711-680-5000 (in Stuttgart) or
440-2819/civ. 08821-750-2819 (in Garmisch).

This is the final edition of The Citizen in 2004.

We will return Jan. 11, 2005.

We wish our readers a safe and joyous holiday season!